

NFBC NEWSLETTER

Dates to Remember

Buffalo Microbrew/Distillery
Ride Sat. July 7

Old Friday Grand Island Ride
Friday July 13

Harrington Party Ride
Saturday July 14

New Hamburg Century
Sunday July 15

Spotlight Pastry Ride
Wednesday July 18

Puleo Party Rides
Saturday July 21

Can-Am August
5th-6th

Inside

Ride Leader Profile p.2

Schedule pp. 4 - 6

Party Rides p. 7

Can Am p. 8



It's July! The prime bicycle riding season is upon us. Warm weather, longer days, better conditioning and maybe even some better roads make this the best time of year to get out and ride as much as possible. Add in extra holiday rides and two party rides and it is the best of months.

There are two Party Rides this month. The **Harrington Party Ride** is a new one and will be in Canada and the **Puleo Party Ride** is the biennial summer party ride that is always a great time. Details on both are inside this edition.

Don't forget the **Microbrew/Distillery Ride** and the **Spotlight Pastry Ride** either! Both promise to be exciting and different.

Backbone of NFBC: Ride Leaders!

While we try to decide whether to ride - Is it too cold? Too hot? Too windy? Dark too soon? Might it rain/snow/sleet? Are we hurt? Are we cranky? Is there anyone to ride with? Do we have the right clothes? Is traffic too bad? Is our bike ready? Do we have TIME? - our morning & evening Ride Leaders are there! Not only do they show up for the ride every week (or arrange their own sub), they LEAD the rides. They create and update the routes, have cue sheets and road hazard warnings at the ready, and sometimes even provide snacks for the riders!

Here then is the fifth in a series to introduce you to the people who lead NFBC rides, every day of the week! Thanks to Dennis Powell for the idea.

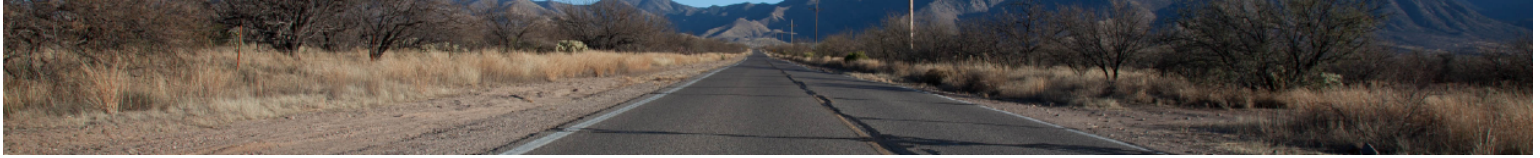
Rebecca Ribis is the Ride Leader for the Monday night north ride out of the Community of Christ Church, Thompson Road, Clarence. She is also a co-leader of the new monthly SPOTLIGHT rides! Rebecca joined NFBC in the mid-90s and always liked the rural aspects and the lack of traffic when riding in Clarence. So, when the Ride Leader position became available, she was in!



Rebecca is proud to note that since starting as Ride Leader she has added almost 50 rides to the repertoire in Clarence. She tries to create new rides every year, using the 30 or so usable roads in Clarence.

Her favorite bike item is her water bottle. She claims that, on her bike, all she really needs is her credit card and water bottle!

Rebecca has many memories as Ride Leader, including being chased by cows (where is THAT picture?) and being escorted back to the ride start by a car's headlights. Her favorite thing about being a Ride Leader is "the many, many wonderful, nice, fun, enthusiastic people I have met and the memories I have of our adventures."



Charity Rides

Enjoy a Ride and Help the Community

An Unforgettable Ride

Great Lake Escape

August 11: Evangola State Park, Irving NY

You will enjoy miles of water views that range from shoreline height to breathtaking cliff top vistas with views of Canada. Rest areas will include the Dunkirk Pier, a Westfield vineyard and a “Million Dollar View” of the Buffalo Harbor and Skyline, the Lackawanna Steel Winds Turbine Farm and the Ontario, Canada shoreline.

Route Options of 15, 30, 50, 64, and 100 miles.

With a Kid’s Bike Rodeo and a party on the beach, there is fun for the whole family.



For More Information See: BIKEMS.ORG

An Unforgettable Ride

ROC THE RIDE

August 25: Genesee Valley Park, Rochester NY

From the 10 mile Community Garden’s Tour de ROC to the rich history of riding along the Erie Canal and through picturesque small towns, challenge yourself! We’ve got you covered. The hills mean nothing as you pedal your way to a world free of MS. Finishing at the Park with hot food, a cold beer and live music doesn’t hurt either.

WEEKEND RIDE SCHEDULE

Check www.nfbc.com for any late schedule changes!!!!!!

July 2018

We Ride Every Day

Page 4

724	Pleasant Country Ride	Sun, Jul 1	9:00 AM	Clarence Town Park (Town Park on Goodrich), Clarence	45 / 36 / 25	1100 / 700 / 500	EZ	Betsy Dexheimer (58 5-343-5172)
281	Seren Falls	Sun, Jul 1	9:00 AM	Municipal Lot off Church St. in Arcade (From SR 16, go 2.8 miles east on SR 39, Turn L on Church St. Parking Lot is one block on the right.), Arcade	83 / 57	3000 / 2000	XXX / XXD	Vicky Perry (716445 5861)
401	Woody Allen	Wed, Jul 4	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	50 / 32	2700 / 1600	XD / DIFF	Charles Grammer (716 7131469)
438	Westwood Park to Akron Falls	Wed, Jul 4	9:00 AM	Westwood Park, Lancaster	40 / 33		EZ	Jennifer Adolf ()
416	The Kaiser Roll	Sat, Jul 7	9:00 AM	Chestnut Ridge Park (Casino Lot), Orchard Park	42 / 28	3100 / 1700	DIFF / MD	Charles Grammer (716 7131469)
927	Buffalo Micro Brew / Distillery (New, Special Event)	Sat, Jul 7	2:00 PM	Flying Bison Brewery, Buffalo	14		EZ	Jim Karnath (716-3 16-6249)
706	East Wilson Express	Sun, Jul 8	9:00 AM	Pendleton Town Hall (between Bear Ridge and Beach Ridge Rds.), Pendleton	37 / 28 / 24		EZ	NEEDS LEADER. VOLUNTEER HERE.
358	Holi-Terror	Sun, Jul 8	9:00 AM	Holimont Ski Area Parking Lot (RT219 to Ellicottville, straight at light onto SR 242, L into Holimont), Ellicottville	49 / 38	3200 / 2000	XXD / DIFF	NEEDS LEADER. VOLUNTEER HERE.
923	Old Friday Grand Island	Fri, Jul 13	6:30 PM	Grand Island Radisson, Grand Island	25		EZ	Bruce Kennedy (716- 713-6683)
767	Bunker Hill Road	Sat, Jul 14	9:00 AM	Clarence Central Elementary School (near Goodrich), Clarence	36 / 27		EZ	Betsy Dexheimer (58 5-343-5172)
928	Harrington on Party Ride (International)	Sat, Jul 14	10:00 AM	Bill & Jane Harrington (cottage), Fort Erie	40 / 30		EZ	Bill Harrington (66 7-3793)
425	New Hamburg Century	Sun, Jul 15	8:00 AM	Parking Lot behind fire hall, Hamburg	102	5700	XXX	Lucinda Griswold (716- 289-6155)
425	New Hamburg Metric Century / Non Century	Sun, Jul 15	9:00 AM	Parking Lot behind fire hall, Hamburg	63 / 33	3600 / 1700	XD / DIFF	Loren Danaher (716- 430-1600)

WEEKEND RIDE SCHEDULE

July 2018

We Ride Every Day

Page 5

758	Old Greenwalls	Sun, Jul 15	9:00 AM	Richmond Lot (off Frontier Rd, Ellicott Complex, SUNY at Buffalo), Amherst	33		EZ	NEEDS LEADER. VOLUNTEER HERE.
428	SPOTLIGHT Pastry Ride (International, Special Event)	Wed, Jul 18	10:00 AM	Queenston Heights Park, Queenston	29		EZ	Rebecca Ribis (837-0089)
929	Puleo Party Rides (Party)	Sat, Jul 21	9:00 AM	Puleo's Place, Orchard Park	45 / 35 / 30		EZ	Robert Puleo (649-3427)
781	Seneca Smoker	Sun, Jul 22	9:00 AM	Clarence Middle School, Clarence	45 / 31 / 26	1100 / 700 / 600	MOD / EZ	NEEDS LEADER. VOLUNTEER HERE.
248	Nutcracker	Sun, Jul 22	9:00 AM	Hamlin Park (south parking lot), East Aurora	47 / 27	4009 / 1864	XD / MD	Carl Mach (685-0832)
738	Lockport - Rapids	Sat, Jul 28	9:00 AM	The Buffalo Niagara Heritage Museum (Tonawanda Creek S at New Rd), Amherst	35 / 29		EZ	Bruce Jansen (481-4628)
303	Marty's Pain	Sat, Jul 28	9:00 AM	Orchard Park Municipal Bldg (Parking Lot behind building), Orchard Park	44 / 25	2700 / 1200	XD / MOD	Pat Danaher (310-8136)
727	East Pembroke	Sun, Jul 29	9:00 AM	E. Pembroke Central School (approx. 4.75 miles East of Rt. 77), East Pembroke	43 / 32	900	EZ	Elizabeth Skelton (716-400-6091)
310	Triple Bypass	Sun, Jul 29	9:00 AM	Springville Parking Lot (Rt. 219 Exp. to Springville. L on Rt. 39. R on Buffalo Rd. to parking lot on Left), Springville	38 / 36	3500 / 2000	XXX / DIFF	Vicky Perry (7164455861)

WEEKDAY RIDE SCHEDULE

July 2018

We Ride Every Day

Page 6

Day	Time	Ride Start	Ride Leader
Monday	AM	Wendelville Firehall, 7340 Campbell Blvd. at Tonawanda Crk. Rd., Pendleton	Bob Alessi, 694-0853
	PM	Community of Christ Church, 5030 Thompson Rd., Clarence	Rebecca Ribis, 837-0089
	PM	Hamlin Park on Grove St., two blocks south of Main, second lot, East Aurora	Jim Sawyer, 884-3057
Tuesday	AM	Tonawanda Creek Botanical Gardens 1825 Sweeney Rd., Tonawanda Location Change!!!!!!	Joe Pizzuto, 982-4142
	PM	<u>West Canal Park</u> , April, May, June & September. <u>Pendleton Town Hall</u> , Campbell Blvd. between Bear Ridge and Beach Ridge Rds., Pendleton. July & August.	Jim & Kathy Karnath, 860-9039
	PM	Municipal Parking Lot off Long Ave (opposite #48) by firehall and water tower, Hamburg	Matt Luly, 648-8988
Wednesday	AM	Municipal Parking Lot, S. Buffalo & E. Quaker Rds., Orchard Park	Fred Marcheson, 870-2112
	PM	St. Mary's Church at Transit & Stahley Rd., Swormsville (Clarence)	Peg Walker, 741-4616
	PM	Chestnut Ridge Park, Casino Parking Lot, Rt. 277 Orchard Park NY	Frank Soltiz, 937-6924
Thursday	AM	Como Park, first parking lot on the right from Como Park Blvd. entrance, Lancaster	Karen Sprada, 684-9039
	PM	Buffalo-Niagara Heritage Village Museum, Tonawanda Creek (South) and New Rds., Amherst	Karen Alongi & Jason Deckert
	PM	St. John's Lutheran Church, 55 Pleasant Ave., East of Central Ave., Lancaster Ave., Lancaster	Liz Skelton, 400-6091
Friday	AM	Community of Christ Church, 5030 Thompson Rd., Clarence	Jack Rimlinger, 741-8512
	PM	Elma Meadows Park, on Rice Rd. at Girdle Rd., Elma	Pat & Loren Danaher, 310-8136
Saturday	AM	Richmond Parking Lot (at Ellicott Complex) off Frontier Rd., UB North Campus, Amherst	Brad Chase, 632-5636
Sunday	AM	Erie Basin Marina, parking lot by the Hatch, Buffalo	Ian Currie, 601-7390

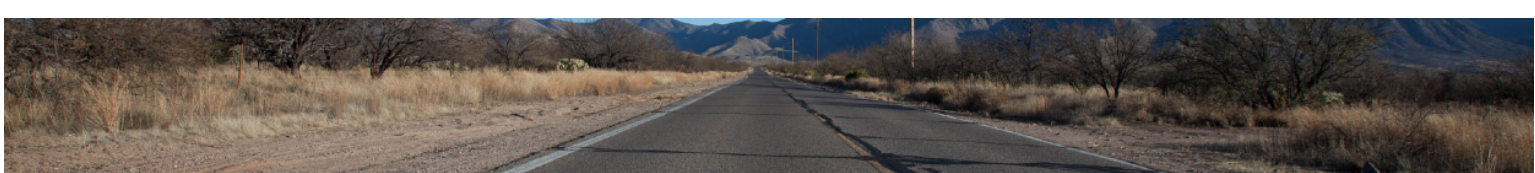
Day of the Week Start Times

Saturday and Sunday Breakfast Rides: 9:00 AM all season. (Members usually stop for a quick diner breakfast)

Weekday Morning Rides: 10:00 AM in April, May, Sept. & Oct.; 9:00 AM in June, July & Aug.

Weekday Evening Rides: 6:00 PM in April & Sept.; 6:30 PM in May through Aug.

www.nfbc.com



HARRINGTON PARTY RIDE

180 Maple Lane, Crescent Beach, FT. Erie, Ontario
Cell 716-949-5510

Saturday, July 14th at 10:00 AM is the date and time for the Harrington International Party Ride, don't miss it! Rides, food, beverages and maybe even some other legal in Canada refreshments! Unfortunately not available until October.

Rides of approximately 37 and 54 miles are tentatively planned and both are rated as EZ. Check the NFBC site for final routes and mileage.

Bill advises to check with peacebridge.com for bridge wait times and to make sure you declare everything you bring over.

Usual Party Rules apply; you can bring a dish to pass and either a bottle of wine or up to a case of beer across the bridge.

Bring bathing suits for swimming in the Lake and please bring chairs!
Don't forget Passports or Enhanced Driver Licenses.

Follow QEW from Peace Bridge 1 mile, exit No. 2 Thompson Rd. South.
Thompson Rd. becomes Helena Rd. after signal, continue south about 1 mile to stop sign.
Turn right on Dominion Rd. for short distance, after curve to right, turn left on Kraft Rd. for short distance.

Parking: Park on the side of Kraft Rd. past Edgemere, pull off as far as possible and walk or bike from there.

Walk or ride right on Edgemere Rd for short distance, turn left on Maple Lane (private rd.).
House is at end of lane.

Tris & Bob's Party Ride "CENTERLINE EXPRESS" & "REACH THE BEACH" JULY 21, 2018

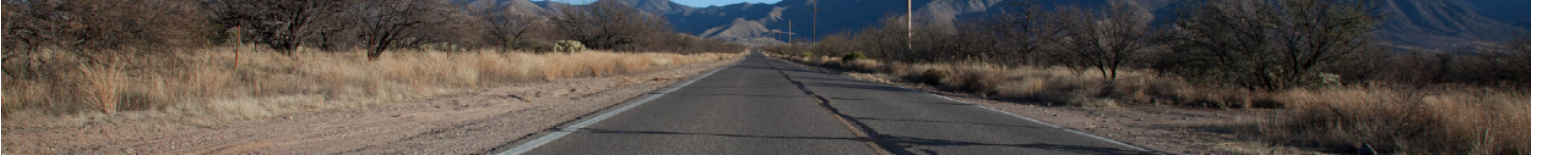
Multiple choice ride with four options, something for everyone.
Come on out and take your pick!
Bring a dish, bring a chair!
Hope to see you there!

<u>MILES</u>	<u>RIDE</u>	<u>START</u>	<u>ELEV</u>
36 & 40 Mile	CENTERLINE EXPRESS	Ride Starts @ 9:00 AM	1,950 ft.
22 & 35 Mile	REACH THE BEACH	Ride Starts @ 9:00 AM	1,000 ft.

Party at 12:00 PM Rain or Shine
5125 Newton Rd. Orchard Park, 649-3427
See directions below

DIRECTIONS to 5125 Newton Rd.

Take I-90 West to Rt. 219 S to Armor Duells Exit and
L @ Armor Duells,
L @ S. Abbott (just before gas station & stop light),
R @ Newton to 1st house on left (park perpendicular to road on grass in front of house)



The 2018 CanAm Century

Weekend

The NFBC has made the CanAm Ride area. Now co-sponsored by the NFBC, GoBike getting better!

one of the premier cycling events of our Buffalo, and PUCCS, the CanAm weekend keeps

The feature ride takes place on Sunday, August 5. We have added a new 25 mile route and ride choices now include 25, 50, 62, or 100 miles. On the three longer rides, you will enjoy the beautiful scenery on both sides of the Niagara River as you cycle through parks and historic sites on both sides of Niagara Falls.

This year's headquarters and ride start have returned to the charming Frank Lloyd Wright Fontana Boathouse. On Saturday, August 4, the Welcome Reception will be held at the Boathouse from 5 PM to 8 PM. It will be a wine, beer, and hors d'oeuvres social where you can pick up your ride packet. Then, on Sunday, all of the rides start there.

Three other cycling events serve as a prelude to Sunday's feature rides. The "To The Point" NFBC ride led by Pat Danaher will meet at Chestnut Ridge at 9 AM Saturday, meandering through the gorgeous Western NY countryside to Sturgeon Point and back.

Also on Saturday, the new and improved historical urban tour will leave from the Boathouse at 11 AM. It will be led by Rebecca Ribis and other guides who will stop to point out fascinating features of downtown Buffalo.

Finally, we are initiating the choice of an 8-mile or a 14-mile Brewery Tour Ride that begins at 4 PM Saturday, also starting at the Boathouse. After cycling by the breweries, you can pick one to return to after the ride.

More information can be found at the CanAm website: canamride.com. Go to the site to register and use the NFBC discount code: 2018NFBC10.

Tom's ProBike is an official sponsor this year, and Tom has donated some amazing prizes that will be scooped up by some lucky early registrants. So don't delay, register for this year's CanAm now!



NFBC Newsletter Deadline

The deadline for submission of articles to the Newsletter is the twelfth (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities and digital pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, biking is number one followed by socializing with friends. Get togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend bring a dish to share, a beverage of their choice, and funds for the "kitty" to offset the expenses of the host. Bring a lawn chair. Be a welcomed party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify Terry Turski (tturski@aol.com. 688-8904) or Robert Nowinski. Club President. NFBC cares about its people!

NIAGARA FRONTIER BICYCLE CLUB

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NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION
NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity, and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the conditions in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE RESPONSIBILITIES OF A RIDER (see NFBC website).

NAME _____

STREET _____

CITY _____ Address Change? Y N

STATE _____ ZIP _____ PHONE _____

PRIMARY EMAIL _____ Email Change ? Y N

SECONDARY EMAIL _____ Email Change ? Y N

PRIMARY MEMBER/GUARDIAN SIGNATURE DATE BIRTHDATE if under 18 MEMBER # _____

ADDITIONAL MEMBERS: (Family membership includes any 2 adults and their children under 18 living at the same address)

MEMBERSHIP FEE: Individual - \$20 _____ Renewing _____ OR New _____

Family - \$30 _____



SUPPORT THE LOCAL BIKE SHOPS THAT SUPPORT YOUR NFBC



Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

9430 Transit Road
716.688.2453

tlonzi@tomsprobike.com



Bertsbikes.com

*Bicycles & Fitness
Sales & Service*

John Jansen
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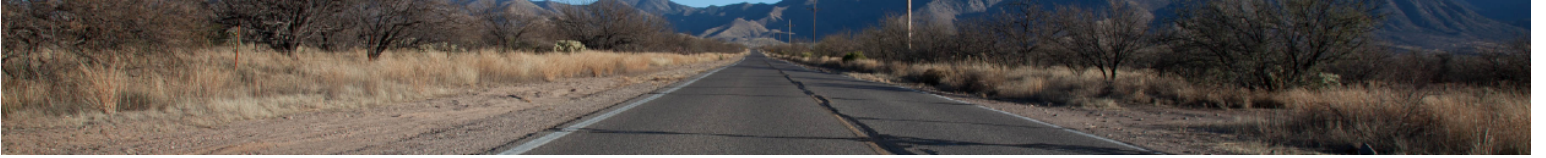
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Niagara Frontier Bicycle Club

